

Lifting and Moving Patients

1. **Which of the following factors should be considered before lifting any patient?**
 - a. The weight of the patient
 - b. Your physical limitations
 - c. Communications
 - d. All of the above
2. **When lifting a patient, a basic principle is to:**
 - a. lift with your lower back.
 - b. extend your arms to maximize your lift.
 - c. rush your lift to minimize your lift time.
 - d. know your lifting limits.
3. **Which of the following is the correct position of an EMT's feet when lifting?**
 - a. Shoulder-width apart
 - b. As close together as possible
 - c. As wide apart as possible
 - d. Two feet apart
4. **Which of the following statements regarding body mechanics is true?**
 - a. Use your back to lift.
 - b. Use your legs to lift.
 - c. Twist your torso while lifting.
 - d. Position your feet close together.
5. **The term *body mechanics* describes the proper use of your body to lift without injury. What are the three considerations to review before any lift?**
 - a. Equipment, patient injury, and communication
 - b. The object, patient injury, and communication
 - c. The object, your limitations, and communication
 - d. Equipment, injury, and communication
6. **Where should you position the weight of the object being lifted?**
 - a. As far from the body as possible
 - b. An arm's length away from the body
 - c. Below your waist
 - d. As close to the body as possible
7. **Which of the following devices should be used to carry a patient down the stairs whenever possible?**
 - a. Stair chair
 - b. Scoop stretcher
 - c. Basket stretcher
 - d. Wheeled ambulance stretcher
8. **What should you NOT do when using a stair chair?**
 - a. Lean forward from the hips.
 - b. Keep your knees straight.
 - c. Lean forward from the waist.
 - d. Flex your knees.
9. **Which of the following is another name for the squat-lift position?**
 - a. Power grip
 - b. Power lift
 - c. Weight-lifter technique
 - d. None of the above

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10. **How many pounds are most battery-powered hydraulic systems rated to safely lift?**
 - a. 300
 - b. 500
 - c. 700
 - d. 200
11. **What is the likely impact of power stretchers on EMS?**
 - a. There is no likely impact of power stretchers on EMS.
 - b. There will be a decrease in the number of injuries among EMTs.
 - c. Insurance reimbursement will increase for ambulance services.
 - d. There will be an increase in the number of home health transfers.
12. **Stretchers that are designed to carry obese patients up to 800 pounds are called:**
 - a. battery-powered stretchers.
 - b. wheeled stretchers.
 - c. hydraulic stretchers.
 - d. bariatric stretchers.
13. **What is the main benefit of using a stair chair with a trac-like system over a traditional stair chair?**
 - a. A stair chair with a trac-like system can be manipulated to lift into an ambulance using a hydraulic system.
 - b. A stair chair with a trac-like system prevents the patient from having to be lifted down stairs.
 - c. There is no benefit of a trac-like stair chair over a traditional stair chair.
 - d. Only one EMT is required to operate a stair chair with a trac-like system.
14. **What is the preferred number of rescuers when using a stair chair?**
 - a. Two: one in front and one in back
 - b. Only one with the trac-like chair
 - c. Four: one for each corner of the device
 - d. Three: two lifting and one spotting
15. **Which of the following patients should NOT be transported in a stair chair?**
 - a. A patient with a suspected spinal injury
 - b. A patient requiring airway care
 - c. Severely altered mental status patients
 - d. All of the above
16. **You respond to a park where you find a 550-pound patient who has fallen down a slope near a creek. As you and your partner discuss the situation, you decide to call a second unit for lifting assistance. How would the additional two personnel help in this lift?**
 - a. You place one person on each corner of the stretcher to balance the weight and share in the lifting.
 - b. They would position themselves half way up the slope to take over when you and your partner get fatigued.
 - c. You will place two persons at the foot, one at the head, and the other to act as a safety anchor with a rope.
 - d. You will place two persons at the head of the stretcher, one at the foot, and one to act as a spotter.
17. **When placing all fingers and the palm in contact with the object being lifted, you are using which of the following?**
 - a. Lock grip
 - b. Power lift
 - c. Power grip
 - d. All of the above

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18. **How far apart should your hands be when using a power grip?**
 - a. 24 inches
 - b. 10 inches
 - c. 12 inches
 - d. 15 inches
19. **Which of the following should you do when reaching for something?**
 - a. Keep your back in a locked-in position.
 - b. Avoid twisting.
 - c. Avoid reaching more than 15 to 20 inches in front of your body.
 - d. All of the above
20. **When moving an object across the floor, which of the following is the best technique?**
 - a. Place your back against the object and push backwards with your legs to move the object.
 - b. Stand behind the object and push it in front of you.
 - c. Face away from the object and walk forward, pulling it behind you.
 - d. Face the object and walk backward, pulling it toward you.
21. **You have responded to a nursing home and find an elderly patient in his bed in cardiac arrest. Which type of move would you perform to get the patient to a hard surface so you can perform chest compressions?**
 - a. Non-urgent move
 - b. Clothing drag
 - c. Urgent move
 - d. Emergency move
22. **You have responded to a multiple casualty incident involving an overturned bus. Patients have been thrown around the interior of the bus and several are piled on top of each other. What type of move would you perform to gain access to the most critically injured patients?**
 - a. Non-urgent move
 - b. Extremity drag
 - c. Urgent move
 - d. Emergency move
23. **Which of the following situations would require the use of an emergency move?**
 - a. Your patient has a life-threatening condition that requires repositioning.
 - b. You must reach other, more critically injured patients.
 - c. The scene is hazardous.
 - d. All of the above
24. **During an emergency move, which of the following techniques should be used, whenever possible, to minimize the possibility of further aggravating a possible spinal injury?**
 - a. Move the patient in the direction of the long axis of the body.
 - b. Pull the patient from the feet, not the shoulders.
 - c. Roll the patient over.
 - d. Move the patient sideways, alternating between moving the shoulders, then the hips.
25. **Urgent moves are required:**
 - a. when an emergency move is not possible or advisable.
 - b. when there are major life threats and rapid transport is necessary.
 - c. when performed for treatment of life threats along with precautions for spinal injuries.
 - d. when there are no life threats and conditions are stable.

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26. **Which of the following is NOT correct when performing a log-roll?**
- a. Keep your back straight.
 - b. Lean forward from the hips.
 - c. Use your shoulder muscles.
 - d. Roll the patient away from you.
27. **Which urgent move should be performed for a patient seated in a vehicle?**
- a. Rapid immobilization
 - b. Rapid extrication
 - c. Rapid takedown
 - d. Rapid takeout
28. **Which of the following is another name for an ambulance cot?**
- a. Stair chair
 - b. Reeve's stretcher
 - c. Scoop stretcher
 - d. Wheeled ambulance stretcher
29. **Which of the following patients should NOT be transported in a stair chair?**
- a. A patient with difficulty breathing
 - b. A patient who is nauseated
 - c. A patient with a suspected spinal injury
 - d. A patient found lying in bed
30. **Which of the following devices is BEST suited for maneuvering a patient through a narrow hallway?**
- a. Long backboard
 - b. Flexible stretcher
 - c. Wheeled stretcher
 - d. Basket stretcher
31. **You are treating an unconscious patient who does not have a possibility of spinal injury and who is breathing adequately. Which of the following is the BEST position for transporting the patient?**
- a. Supine
 - b. Fowler's position
 - c. Semi-Fowler's position
 - d. Recovery position
32. **For a patient without a possibility of spinal injury, which of the following carries should be used to move him from a bed to a stretcher?**
- a. Extremity carry
 - b. Direct-ground lift
 - c. Draw-sheet method
 - d. Extremity lift
33. **Which of the following should you use when you want to move a patient from a wheelchair to a stretcher?**
- a. Ground transfer
 - b. Extremity lift
 - c. Clothing lift
 - d. Modified direct lift

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34. Which of the methods listed below is best described as moving a patient from the floor to a stretcher by having two or more rescuers kneel, curl the patient to their chests, stand, and then reverse the process to place the patient on the stretcher?
- Direct carry
 - Direct-ground lift
 - Power lift
 - Draw-sheet method
35. What is the contraindication for the use of a scoop or orthopedic stretcher?
- Internal injuries
 - Hip fracture
 - Pelvic injury
 - Spinal injury
36. Which of the following are goals of lifting and moving patients?
- Safety of the patient
 - Safety of the EMS provider
 - Speed
 - All of the above
37. Which of the following devices is BEST suited for maneuvering a patient through a confined space or narrow hallway?
- Wheeled stretcher
 - Long backboard
 - Basket stretcher
 - Flexible stretcher
38. Which of the following is used to immobilize a patient with a suspected spinal injury?
- Portable stretcher
 - Long backboard
 - Basket stretcher
 - Scoop stretcher
39. Which of the following BEST describes body mechanics?
- Proper use of the body to protect patient safety
 - Proper use of the body to facilitate lifting and moving objects
 - Equipment designed to minimize stress on the user's body
 - Both B and C
40. When a stretcher with a patient secured to it is elevated, what occurs?
- The patient feels more comfortable being at near normal height.
 - The center of gravity is raised and this causes a tip hazard.
 - The stretcher is more stable and easily pushed.
 - The EMTs lessen the possibility of injury from being bent over the patient.
41. What type of move should the EMT use to move a patient who is in a burning car?
- Non-urgent move
 - Emergency move
 - No attempt to move
 - Urgent move
42. Which of the following BEST describes an urgent move?
- Moving a patient from a car directly to a long spine board
 - Dragging a patient from a burning house using his shirt
 - Using a sheet to move a patient from a bed to the stretcher
 - None of the above

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Test Name: Lifting and moving patients

1. d. All of the above
2. d. know your lifting limits.
3. a. Shoulder-width apart
4. b. Use your legs to lift.
5. c. The object, your limitations, and communication
6. d. As close to the body as possible
7. a. Stair chair
8. c. Lean forward from the waist.
9. b. Power lift
10. c. 700
11. b. There will be a decrease in the number of injuries among EMTs.
12. d. bariatric stretchers.
13. b. A stair chair with a trac-like system prevents the patient from having to be lifted down stairs.
14. d. Three: two lifting and one spotting
15. d. All of the above
16. a. You place one person on each corner of the stretcher to balance the weight and share in the lifting.
17. c. Power grip
18. b. 10 inches
19. d. All of the above
20. b. Stand behind the object and push it in front of you.
21. d. Emergency move
22. d. Emergency move
23. d. All of the above
24. a. Move the patient in the direction of the long axis of the body.
25. c. when performed for treatment of life threats along with precautions for spinal injuries.
26. d. Roll the patient away from you.
27. b. Rapid extrication
28. d. Wheeled ambulance stretcher
29. c. A patient with a suspected spinal injury
30. b. Flexible stretcher
31. d. Recovery position
32. c. Draw-sheet method
33. b. Extremity lift
34. b. Direct-ground lift
35. d. Spinal injury
36. d. All of the above
37. d. Flexible stretcher
38. b. Long backboard
39. b. Proper use of the body to facilitate lifting and moving objects
40. b. The center of gravity is raised and this causes a tip hazard.
41. b. Emergency move
42. a. Moving a patient from a car directly to a long spine board